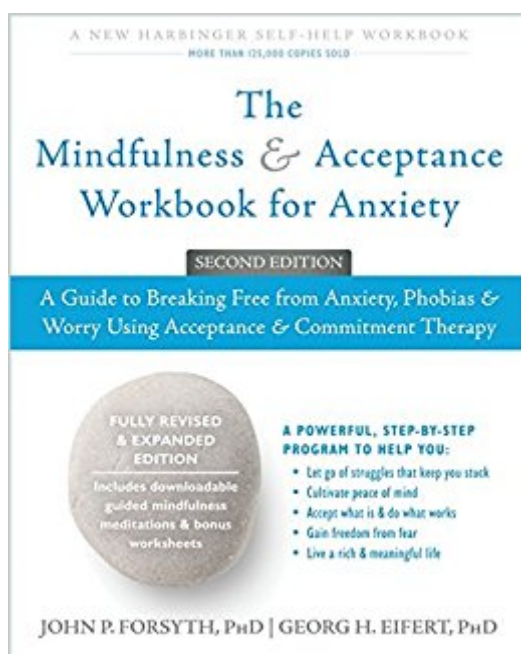


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# The Mindfulness And Acceptance Workbook For Anxiety: A Guide To Breaking Free From Anxiety, Phobias, And Worry Using Acceptance And Commitment Therapy



## Synopsis

Is anxiety and fear a problem for you? Have you tried to win the war with your anxious mind and body, only to end up feeling frustrated, powerless, and stuck? If so, you're not alone. But there is a way forward, a path into genuine happiness, and a way back into living the kind of life you so desperately want. This workbook will help you get started on this new journey today! Now in its second edition, *The Mindfulness and Acceptance Workbook for Anxiety* offers a new approach to your anxiety, fears, and your life. Within its pages, you'll find a powerful and tested set of tools and strategies to help you gain freedom from fear, trauma, worry, and all the many manifestations of anxiety and fear. The book offers an empowering approach to help you create the kind of life you so desperately want to live. Based on a revolutionary approach to psychological health and wellness called acceptance and commitment therapy (ACT), this fully revised and updated second edition offers compelling new exercises to help you create the conditions for your own genuine happiness and peace of mind. You'll learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You'll also discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to weaken the power of anxiety and fear so that you can gain the space to do what truly matters to you. Now is the time. Nobody chooses anxiety. And there is no healthy way to "turn off" anxious thoughts and feelings like a light switch. But you can learn to break free from the shackles of anxiety and fear and take back your life. The purpose of this workbook is to help you do just that. Your life is calling on you to make that choice, and the skills in this workbook can help you make it happen. You can live better, more fully, and more richly with or without anxiety and fear. This book will show you the way. -- Recent studies support for the effectiveness of ACT-based self-help workbooks as a low-cost treatment for people experiencing anxiety. (Ritzert, T., Forsyth, J. P., Berghoff, C. R., Boswell, J., & Eifert, G. H. (2016). Evaluating the effectiveness of ACT for anxiety disorders in a self-help context: Outcomes from a randomized wait-list controlled trial. *Behavior Therapy*, 47, 431-572.) This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit • an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

## Book Information

Paperback: 368 pages

Publisher: New Harbinger Publications; 2 edition (April 1, 2016)

Language: English

ISBN-10: 162625334X

ISBN-13: 978-1626253346

Product Dimensions: 8 x 0.9 x 9.9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 37 customer reviews

Best Sellers Rank: #11,678 in Books (See Top 100 in Books) #17 in [Books > Self-Help > Anxieties & Phobias](#) #24 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#) #52 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies](#)

## Customer Reviews

“The Mindfulness and Acceptance Workbook for Anxiety is so much more than the sum of its title. It’s a way to live, a way of being, and a way of bringing kindness and compassion to our lives and to the lives of those around us. In short, this is one of the most beautiful guidebooks toward life, and living a more heart-centered, kind, and compassion way, that I’ve ever seen. Take your time going through it, and do the homework, and see yourself shine! We all have magic inside, just waiting beneath our worries and concerns. This workbook helps you move those aside or technically befriend them, which is pretty amazing to unlock the magic and help you shine bright. Much more than a workbook, this is a kind and compassionate guide to life! I cannot recommend this book enough. It’s a life-changer!” —Michael Sandler, host of the Inspire Nation Show, and author of Barefoot Running

“You have in your hands a wise and healing workbook that is based on a radical premise: fighting or resisting anxiety adds fuel to the fire; learning how to relate to it with mindful presence and compassion leads to true well-being. Filled with accessible, well-researched exercises and practices, this guide can free you to live from your full aliveness, heart, and potential.” —Tara Brach, PhD, author of Radical Acceptance and True Refuge

“The Mindfulness and Acceptance Workbook for Anxiety combines the accumulated wisdom of the ages with up-to-date, cutting-edge developments in scientific psychology. In an easy-to-read and fun format, those suffering from anxiety in all of its guises will find the keys to breaking loose from its shackles. By emphasizing acceptance of toxic emotions (and illustrating ways to accomplish this) rather than struggling to overcome them, the person inside you may finally emerge to set your life on a new, productive, and valued course.

Highly recommended for all those struggling with worry, anxiety, and fear. —David H. Barlow, PhD, founder and director emeritus of the Center for Anxiety and Related Disorders, professor of psychology and psychiatry at Boston University, and author of *Anxiety and Its Disorders* —“This book presents a tried-and-true approach to turning your life in a new direction. If you want to stop running, hiding, struggling, or just waiting for your life to start, this book will help show you how to start living, now. Clear guidance, beautifully presented. Highly recommended. —Steven C. Hayes, codeveloper of acceptance and commitment therapy (ACT), and author of *Get Out of Your Mind and Into Your Life* —“Ablly surfing the dual currents of traditional exposure and acceptance-based treatments for anxiety, the authors of this resourceful workbook illustrate the synergies to be found in their combination. Carefully structured exercises and charts support the core message that taking action to face one’s fears is most effective if acceptance informs our starting point, and values determine our destination. This book is a —must-read— for anyone encountering anxiety as a barrier to leading a fuller life. —Zindel Segal, PhD, distinguished professor of psychology in mood disorders at the University of Toronto, Canada, and coauthor of *The Mindful Way Workbook* —“Go into any large bookstore and you will find numerous self-help books, promising much. This one delivers. With a combination of sound theory, new research, deep professional involvement, clear values, and a joyful communicative style, this second edition of Forsyth and Eifert’s highly acclaimed workbook is inspiring. Through principles of mindful self-reflection, acceptance, and compassion, the reader learns that the opposite of anxiety is not simply the absence of anxiety, but the experience of a more fulfilling life and a richer progression toward one’s personal goals. At a time of much uncertainty, distress, and horror in today’s world, this book offers a message to everyone, not simply those for whom fear is a specific barrier to personal happiness. —Ian M. Evans, professor emeritus of the school of psychology at Massey University, New Zealand, and author of *How and Why Thoughts Change* —“If anxiety and fear is a major problem in your life, this book is for you. In this well-written and thoroughly researched workbook, John Forsyth and Georg Eifert will take you on a journey to regain your life. Using concrete exercises and examples, you will learn new skills to develop a different kind of relationship with your anxiety and fear. As a result, you will learn how to become more accepting and compassionate with yourself, and to eventually release the demons that have kept you from living a life worth living. Life is beautiful. Start this journey now. —Stefan G. Hofmann, PhD, professor of psychology at Boston University, and author of *Emotion in Therapy* —“In this fully updated and expanded edition of their best-selling

workbook, Forsyth and Eifert show how giving up your attempts to control anxiety and fear will help you to leave your anxiety problems behind and get on with your life. In the years since the first edition, a number of studies have demonstrated the benefits of the approach described in this practical and clearly written book. I recommend this new edition for anyone who struggles with anxiety.

• Martin M. Antony, PhD, ABPP, professor of psychology at Ryerson University, Canada, and coauthor of *The Shyness and Social Anxiety Workbook* “This is the definitive handbook for how to reduce the suffering that stems from anxiety-related problems. More importantly, the authors offer readers a perfect blend of lucidity, kindness, research-based knowledge, and concrete strategies such that readers walk away with the skills to live a successful life.”

• Todd B. Kashdan, PhD, professor of psychology at George Mason University, and coauthor of *The Upside of Your Dark Side* “Steeped in the rich tradition of psychological theory, *The Mindfulness and Acceptance Workbook for Anxiety* by Forsyth and Eifert represents a major advance for the practical treatment of anxiety and related conditions. This book will assist clinicians and patients in constructing a treatment plan that insures progress in overcoming the many obstacles associated with conquering fears. A major contribution to clinical care, this workbook will contribute to the growing knowledge base on acceptance and commitment therapy (ACT), joining other evidence-based approaches as a major tool for treating the disabling symptoms that accompany anxiety. This reference book belongs in every clinician’s library.”

• Terence M. Keane, PhD, director of the behavioral science division of the National Center for PTSD, and professor of psychiatry and assistant dean for research at Boston University School of Medicine

John P. Forsyth, PhD, is an internationally renowned author and speaker in the fields of acceptance and commitment therapy (ACT), mindfulness practices, and self-development and growth. For over twenty years, his writings, teachings, and research have focused on developing ACT and mindfulness practices to alleviate human suffering, awaken the human spirit, and nurture psychological health and vitality. His personal journey and experience, balanced with practical insights grounded in scientific evidence, offers hope to those wishing to find a path out of suffering and into wholeness. He has coauthored several popular ACT books, including *Acceptance and Commitment Therapy for Anxiety Disorders* for mental health professionals, and three self-help books for the public: *The Mindfulness and Acceptance Workbook for Anxiety*, *ACT on Life Not on Anger*, and *Your Life on Purpose*. Forsyth holds a doctorate in clinical psychology, and is professor of psychology and director of the Anxiety Disorders Research Program at the University at Albany,

SUNY, in Upstate New York. He is a licensed clinical psychologist in New York, with expertise in the use and application of ACT for several forms of psychological and emotional suffering. He is also a widely sought-after ACT trainer and consultant, and serves as a senior editor of the ACT book series with New Harbinger Publications. Forsyth regularly gives inspirational talks and practical workshops to the public and professionals in the United States and abroad, and offers ACT trainings at the Omega Institute for Holistic Studies in Rhinebeck, NY, where he serves as a member of the teaching faculty. He is known to infuse his teaching and trainings with energy, humility, and compassion, and his down-to-earth workshops are consistently praised for their clarity, depth, and utility. Collectively, Forsyth's work has helped foster growing interest in acceptance and mindfulness in psychology, mental health, medicine, and society.

Georg H. Eifert, PhD, is an internationally recognized author, scientist, speaker, and trainer in the use of acceptance and commitment therapy (ACT), an integrative approach balancing mindful acceptance, change, and compassion to foster psychological health and wellness. He is also professor emeritus of psychology at Chapman University in Orange County, CA, where he was previously department chair and associate dean of health sciences. He has won numerous awards for his research, teaching, and writing contributions. He is also a licensed clinical psychologist. As an active developer, researcher, and practitioner of ACT and transcendental meditation (TM), Eifert is coauthor of several popular books, including the highly praised practitioner's treatment guide, *Acceptance and Commitment Therapy for Anxiety Disorders*, as well as several ACT books for the public: *ACT on Life Not on Anger*, *Your Life on Purpose*, and *The Anorexia Workbook*. He has also authored and coauthored several books in German. Eifert regularly gives workshops and talks around the world, teaching ACT to both the public and professionals to help people end psychological suffering and lead more fulfilling lives. His workshops have been praised as inspiring, humorous, and empowering, and are renowned for their authenticity, clarity, and practical usefulness.

Anxiety has been a lifetime affliction for me. I've read many books on anxiety management, many within the cognitive behavioral therapy (CBT) framework. I have felt like I understood how to apply CBT, and it has given some relief to my anxiety. But I have found that anxiety never completely goes away (for me, at least). That's where this book enters. As I began to read the book I came across the proposition that anxiety may very well always be there for me, and that at some point the very fight with anxiety (or the efforts to manage it) is the real problem. This was scary and comforting all at the same time. It was scary since I initially hoped that the book would help me

deliver a death-blow to my anxiety; it was comforting in that letting go of the fight seemed like a completely novel and fascinating idea for me. Even though I had never thought of letting go of anxiety management, something about the idea agreed with my intuition. I was excited to read on, and I found the writing to be crisp, gentle and reassuring. I enjoyed reading it. But despite the authors' warnings about using the "techniques" and exercises of the book as a way to directly stop anxious thoughts, I found that very hard to do. As I would try to just observe and note my thinking, the desire and hope that this very act would quell my anxiety continued to have a subtle presence. In this sense, I was not really being very "mindful," even though I thought I was. But the desire to stop anxious thoughts is a thought just like any other to step back from and simply notice. The authors' make this completely clear, so no fault there. I'm not sure why this was so hard for me to do, and I became constantly frustrated that my anxious thoughts were not going away. I write this just to warn everyone not to make the same mistake I did. Read the book, and when in doubt just follow the instructions. Eventually, I found the book did help me a lot, but it is definitely an ongoing practice. Be patient and kind with yourself, and remember that your anxious thoughts AND your desire to get rid of them all exist within the space of the thinking mind. Just observe this, note it, and let the struggle end. Peace will come if you tread lightly on this delicate practice. This is the advice I would have given myself early on. I hope you can benefit from this excellent book.

Wife loves it - good read

Another good resource for help in dealing with anxiety.

Best book on topic available.

Excellent resource. Clear direct methods for dealing with anxiety and stress

It's unlike self-help book about positive attitudes and dismissing discouraging thoughts. Try this book which departs from the norm, and seems to be more effective.

very helpful

Terrific order! Thanks!

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